

# No Body

**COPPER KNOB**  
STEPSHETS

拍數: 28      牆數: 4      級數: Beginner  
編舞者: Kitty Russell (USA) - March 2023  
音樂: No Body - Blake Shelton



(start at vocals) right lead

## KICK-BALL-CHANGE X2

1&2      Kick R forward (1), step on ball of R while raising L (&), step L (2)  
3&4      Kick R foot forward (3), step on ball of R while raising L (&), step L (4)

## TRIPLE UP X2

5&6      Triple step R (5), L (&), R (6) forward  
7&8      Triple step L (7), R (&), L (8) forward

## ROCK UP, BACK

1-2      Rock R forward (1), recover on L (2)

## TRIPLE BACK X2

3&4      Triple step R (3), L (&), R (4) back  
5&6      Triple step L (5), R (&), L (6) back

## ROCK BACK, UP

7-8      Rock R back (7), recover on L (8)

## JAZZ BOX 1/4 R

1-4      Cross R over L (1), step L back w/ 1/4 turn right (2), step R to right side (3), step L across R (4) (3:00)

## LINDY RIGHT, LINDY LEFT

5&6, 7-8      Triple step R (5), L (&), R (6) to right, rock L back (7), recover R (8)  
1&2, 3-4      Triple step L (1), R (&), L (2) to left, rock R back (3), recover L (4)

Restart

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